



ABSTRACT

An apparatus for shifting the body weight of a runner from a runner's legs to a wheeled frame for enhancing the runner's performance and minimizing leg strain comprises a loop of elastic rod-shaped material stretchable during standing and during running movement. A base bend of the elastic is secured to a pelvic harness at the top of the back of each leg, and another bend of the elastic is secured to the wheeled frame. A third bend is supported on pulleys mounted on a height adjustable tee on the wheeled frame. This brings about a significant shift of the runner's weight from the runner's legs to the wheeled frame.

APPARATUS FOR SHIFTING WEIGHT FROM A RUNNER TO A WHEELED FRAME

U.S. Pat. No. 4,759,570 to the present inventor and U.S. Pat. No. 5,161,825 to the present inventor are incorporated herein by reference.

BACKGROUND OF THE INVENTION

FIELD OF THE INVENTION:

The present invention relates to a performance enhancing assembly for runners or walkers. More specifically, the present invention relates to an assembly which shifts the upper body weight of a runner or walker from their legs to the frame of a rolling device as they walk, run, or stand.

DESCRIPTION OF THE RELATED ART:

Running and walking have been very popular conditioning exercises for many years. These activities are enjoyed by virtually all age groups, and participation extends through the entire year and most of the globe. Due to the popularity of running and walking, a major world